

JUNE 7TH, 2020

KID'S NUTRITION

COMPLIMENTS OF SHOPRITE DIETITIANS

Stay Cool This Summer with
These Sweet Treats!

- 1** Try your hand at banana "nice" cream!
- 2** Make a fruit smoothie!
- 3** Make your own homemade popsicles!

These refreshing and healthy treats are not only fun to make, but a delicious way to stay cool in the summer, all while getting a serving of fruit!

See recipes below!



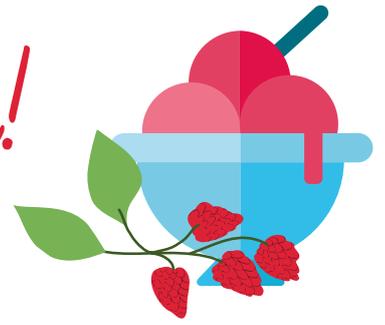
Questions? Contact your in-store Nutritionist, Sheila at the ShopRite of Clinton at (908) 730-6800 ext . 6 or Sheila.Suerig@Wakefern.com



I Scream, You Scream, We all Scream for...



"Nice" Cream!



What is "Nice" Cream?

"Nice" cream is a healthy frozen dessert made by blending frozen fruit alone, or with a few simple ingredients to switch up your flavors and textures. Try the recipes below!

Banana Nice Cream

Instructions:

1. Place all ingredients into food processor or blender
2. Pulse until the texture resembles soft serve ice cream, about 3 min.
3. You may need to scrape the sides of the food processor with a rubber spatula occasionally.
4. Serve immediately, or freeze for 10-15 minutes

Basic Recipe (Bananas Only):

2 bananas, cut into slices and frozen

Apple Cinnamon Banana:

2 bananas, cut into slices and frozen
¼ cup Apple Butter
¼ teaspoon vanilla extract
¼ teaspoon ground cinnamon

Chocolate Banana:

2 bananas, cut into slices and frozen
1 tablespoon unsweetened cocoa powder
¼ teaspoon vanilla extract

Strawberry Banana:

1 banana, cut into slices and frozen
½ cup frozen whole hulled strawberries
½ teaspoon vanilla extract

Peanut Butter Banana:

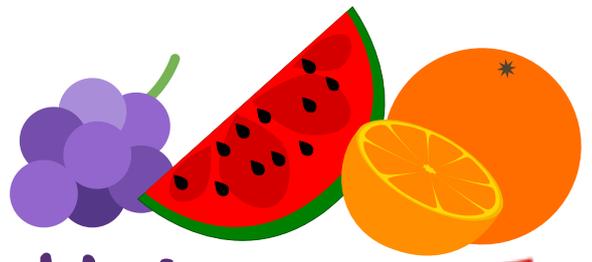
2 bananas, cut into slices and frozen
2 tablespoons natural peanut butter

Don't have bananas? No worries! Substitute with another frozen fruit like mango or pineapple!



Recipe Source: Cassie Johnston (Wholefully.com)

Fun with Fruit Smoothies



Build Your Own Smoothie

Pick your fruits:

- Bananas
- Apples
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Oranges
- Pineapple
- Mango
- Peaches
- Pears
- Cherries
- Kiwi
- Watermelon
- Grapefruit
- Apricots
- Plums
- Cantaloupe
- Melon
- Grapes

Kick up the nutrition:

- Spinach
- Kale
- Avocados
- Carrots
- Celery
- Cucumber
- Swiss Chard
- Bok Choy

Add a base:

- Lowfat Milk
- Water
- Almond Milk
- 100% Juice
- Rice Milk
- Lowfat Yogurt
- Coconut Milk
- Coconut Water

Throw in some add-ins (optional):

- Peanut Butter
- Nut Butter
- Flax Seed
- Chia Seeds
- Walnuts
- Almonds
- Oatmeal
- Vanilla Extract
- Honey
- Agave Nectar
- Cinnamon
- Ginger

Place all ingredients in blender,
blend & enjoy!

Visit produceforkids.com for more smoothie recipes.

Homemade Popsicles

Making your own fruit popsicles is easier than you think! You'll need a blender and popsicle molds (You can use ice cube trays, paper cups, or a muffin tin if you don't have the molds). Switch up your ingredients by using your favorite fruit, 100% fruit juice or low-fat milk/ plant milk (ex. almond milk), and yogurt.

Try these recipes!

Orange, Mango & Banana Smoothie Popsicles

Recipe Source: Produce for Kids



Ingredients:

- 1 mango, sliced
- 1 banana
- 1 large Valencia orange, juiced
- 1/2 cup vanilla Greek yogurt

Recipe Serves 6
Prep Time: 10 min
Freeze Time: 2 hours

Instructions:

1. Place mango, banana, orange juice and yogurt in blender. Blend until smooth.
2. Pour into molds and freeze 2 - 3 hours, or until frozen.

Nutrition Facts:

Per Serving: 59 calories, 0.5g fat, 2g protein, 13g carbohydrates, 1g fiber

Berry-Lemon Ice Pops

Recipe Source: Eating Well

Ingredients:

- 1 lemon (2 tsp zest and 1 Tbsp. juice)
- 1 1/2 cups fresh strawberries, quartered
- 1 1/2 cups fresh blueberries
- 1/4 cup water
- 1/4 cup honey

Instructions:

1. In a blender or food processor, combine strawberries, blueberries, and the water. Cover and blend or process until nearly smooth. Add lemon zest, juice and honey. Cover and blend or process until combined.
2. Pour mixture into eight 3-oz. paper cups or ice pop molds. Insert sticks in molds. If using paper cups, cover each cup with foil. Cut a small slit in foil and insert a wooden stick into each pop. Freeze overnight or until firm.

Recipe Serves 8
Prep Time: 15 min
Freeze Time: overnight



Nutrition Facts:

Per Serving: 53 calories, 0g fat, 14 g carbohydrates, 1g fiber, 0g protein